

# HARVEST OF THE MONTH

The Virginia Harvest of the Month program promotes seasonal eating, increased fruit and vegetable consumption, and supports local economies while providing ready-to-use materials for classrooms, cafeterias, nonprofits, farmers' markets, and early care centers to educate children about the joys of eating seasonal, local foods.

The objective of the program is to increase consumption of seasonal, Virginia Grown fresh fruits and vegetables so children establish healthy eating habits to last a lifetime.

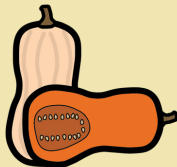
## HARVEST OF THE MONTH FEATURED PRODUCE:

JANUARY



SWEET POTATOES

FEBRUARY



BUTTERNUT SQUASH

MARCH



KALE

APRIL



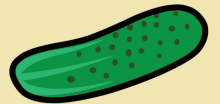
LETTUCE

MAY



STRAWBERRY

JUNE



CUCUMBER

JULY



ZUCCHINI

AUGUST



TOMATO

SEPTEMBER



BELL PEPPER

OCTOBER



APPLE

NOVEMBER



CABBAGE

DECEMBER



SPINACH

## AVAILABLE RESOURCES:



EDUCATIONAL POSTERS



POINT-OF-SERVICE SIGNS



NUTRITION EDUCATION LESSON PLANS



FOR MORE INFORMATION AND TO ACCESS RESOURCES, VISIT: [VDOE-SNP HARVEST OF THE MONTH PAGE](https://vdoe-snp.org/harvest-of-the-month)